

Lincoln Names Junior Sailor Of the Year



Photo By MC1 Jeannette Bowles

HM2(SW/AW) Sylvia Fawson mans the front desk at Medical Department. Fawson was recently named USS Abraham Lincoln's 2007 Junior Sailor of the Year.

By MC1 JEANNETTE BOWLES
Penny Press staff

In a few weeks, Hospital Corpsman 2nd Class (SW/AW) Sylvia Fawson will be leaving USS Abraham Lincoln (CVN 72) and Medical Department for her next assignment. She will take with her three years of experience, dedication to the job, and the coveted title of Lincoln's 2007 Junior Sailor of the Year.

"I don't know exactly what I did this year to stand out but over the last three years they have given me all of the jobs that nobody wanted and I have met or exceeded the chain of command's expectations," Fawson said. "They learned very quickly that whatever job they give me to do I'm going to do and I'm going to do as correctly as I can to the best of my ability. So that is

what has made me stand out in the department overall."

In addition to her corpsman duties, Fawson said she also earned both her warfare pins, got qualified in extra areas, and was the only one in her department who completed a United States Military Entrance Processing Station (U.S. MEPS) program. She was also the assistant program coordinator for Lincoln's Sexual Assault Victim Intervention (SAVI) program, taught indoctrination classes for all the Junior, Senior, and Executive Indoctrination classes, and was one of only two corpsmen on an emergency flying squad and for sick call in the ship's brig.

Fawson said she found out a week before the oral board that she had been selected as Medical's candidate.

"I didn't prepare for the board," Fawson said. "This was my fourth oral board since being onboard. At hospitals they tend to ask more 'big Navy' questions like who is the Secretary of the Navy. Here, they don't do that. The questions are based on your opinion. I went and answered what I would really do and what I really feel."

Fawson said one of the Chiefs came up to her and told her it was the best board she had ever done. Even with that compliment, Fawson said she didn't think she would be selected.

"To me, from experience at other commands, the comment was like saying, 'No, you didn't get it, but you made a great effort,'" Fawson said. "So I did not think I got it."

When she found out that she had been selected as Lincoln's 2007 Junior Sailor of the Year, Fawson said she didn't believe it at first.

"Captain McCawley announced the winner over on the ship,"

Turn to JSOY, Page 3

Lincoln Sailor Mentors Students At Mariner High School

By MCSN DENNIS IRWIN
Penny Press staff

Mariner High School invited MCSN Geoffrey Lewis, a Sailor aboard USS Abraham Lincoln and former student to speak with Cadets in the Naval Junior Reserve Officer Corps (NJROTC) about his experiences as an up-and-coming Sailor in the Navy.

"I was asked here to show aspiring Sailors what I have experi-

enced in the Navy so far," Lewis said. "I am a plank owner for this program; I attended this school when the NJROTC program started here in 2001."

Mariner High School in Everett, Wash. began a NJROTC program to introduce high school students to the military and some ideas the military teaches like discipline, personal management

Turn to SCHOOL, Page 6

Inside



Ready for landing.
pg. 3



Lincoln Pride. Your
carrier at work.
pg. 4

►FEBRUARY MWR EVENTS..... 2
►SHIPMATES..... 6
►EDITOR'S TOP 10..... 6

Community News

FEBRUARY MWR EVENTS

FAMILY FRIDAYS AT CARKEEK PARK
TWILIGHT HIKE
WINTER WALK
WOLF'S TALE
FORT LAWTON AND BEYOND
DRUMS AND SONGS OF AFRICA
MAKE A VALENTINE

EVENING FAMILY STORYTIME
PLAYGROUP AT THE EVERETT LIBRARY
HIDDEN BEAUTIES OF THE WINTER FOREST
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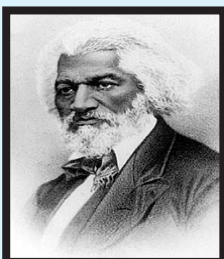
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Black History Month Spotlight



Frederick Augustus Washington Bailey Douglass (Feb. 7, 1817-Feb. 20, 1895) was an abolitionist, orator and writer who fought against slavery and for women's rights. Douglass was the first African-American citizen appointed to high ranks in the U.S. government as a U.S. Marshall.

Local Stories

JSOY

Continued from page 1

Fawson said. "My Chief and everyone were on the ship and I was here. Chief Jones called me and said, 'How's our Junior Sailor of the Year?' I was like, 'no way. I was very excited, very surprised.'"

Fawson said although she is leaving the command, the one thing she will take with her as Junior Sailor of the Year is the knowledge that eventually all hard work will pay off.

"Sometimes it doesn't seem like it, sometimes it doesn't look like it, but eventually karma will roll back your way," Fawson said.

Fawson said the competition this year was tough and although she is grateful for the recognition, she thinks it's unfortunate that there's only one per year because there are others who also deserve the recognition.

"When I call my family and I describe the award to them the only way to have someone who knows nothing about the military understand it is to say I'm an E-5, and there's a whole bunch of us and as of right now I'm considered the best but I know that I'm not the best," Fawson said.

"There are second classes on this boat that have much more challenging, important, harder jobs than I do," Fawson said. "I just happened to be in the right place at the right time and people thought I deserved the recognition and for that I am grateful."

Fawson said when she first came to the Lincoln she had three goals she wanted to accomplish: Two warfare pins and becoming a second class petty officer.

"This has been the most difficult command for me by far but the most professionally rewarding because I've worked the hardest here."

Lincoln's Flight Deck Arresting Gear Gets Overhaul

By MCSN KATHLEEN CORONA
Penny Press staff

The arresting cables are some of the most important pieces of equipment on the flight deck of an aircraft carrier. Without them, aircraft couldn't land on the flight deck, and the mission of the ship couldn't be accomplished.

The Aviation Boatswain's Mates aboard USS Abraham Lincoln (CVN 72) who work in the catapult engine rooms are well aware of the importance of the cables. These hard-working Sailors have begun the "re-reeve" process that will take out the old cable and install a new cable from the catapult engine to the flight deck.

"This process isn't done often," said Aviation Boatswain's Mate Equipment 1st Class (AW) Michael O'Rourke. "It's usually only done when something major has been done to the engine."

There are two main steps to the re-reeving process: the hand reeve and the re-reeve.

The hand-reeve process usually takes about 10 Sailors to accomplish and can take up to six hours to finish, said O'Rourke.

A messenger cable, or a cable that is smaller than the actual cable used for the arresting cable, is pulled through the engine. Then the end of the messenger cable is welded to the end of the cable that will be the new arresting cable, or purchase cable.

O'Rourke said the hand-reeve process is a critical task and much care must be taken during the process. If the messenger cable isn't installed into the engine correctly it could cause the cable to cross itself or cause a tangle.

Once the new purchase cable has been welded to the messenger cable, the re-reeve process begins. The messenger cable will be pulled out of the engine, pulling the purchase cable into its place.

"It could put an aircraft in the water if it's not done right," O'Rourke said.

According to O'Rourke, the entire re-reeve process will take almost 20 hours and requires roughly 25 Sailors to accomplish.

Through the hard work and dedication of O'Rourke and his team, Abe's aviators and Sailors on the flight deck can remain safe during flight operations.



Photo By MCSN Kathleen Corona

Aviation Boatswain's Mate Equipment 3rd Class Renzo Martinez guides the messenger cable through the catapult engine during the "hand-reeve."

Lincoln Pride



SN James Manzano a member of Lincoln's Deck Department, secures steady lines for a ready lifeboat.

Photos by MC1(SW/AW) Roderick Jessie



Members of Lincoln's Deck Department (top left to right) BM2(SW) Prince Baffour, SN James Manzano, SR Justin Holst. (Bottom left to right) BM1(SW/AW) Brandon Bell, BMC(SW/AW) Johnny Ford, CW03 Carlos Rudolph and BM2(SW/AW) Willie Pagan pose for a photo.



ITSN Travis Luther and IT3 Blake Jordan of Combat Systems attach an SR 62 antenna to the island aboard USS Abraham Lincoln.



USS Abraham Lincoln Deck Department

Photo by MC3 Jordan Beesley

News

FLTCM Discusses the Importance Of All Navy Jobs

FROM FLTCM(SS/SW) RICK D. WEST
Special to Penny Press

Hoo-yah, Warriors! This week I wanted to share with you my thoughts about some of our Warriors – both enlisted and officer – and how sometimes we may believe our jobs aren't important, when in fact they are.

No matter where I go, I always hear from some of our folks that they don't think they are making a difference. The jobs they do, the assignments they get, the details they are assigned... What do they contribute in the "big picture"?

Well, I don't say anything I don't mean, and I can tell you all right now EVERYTHING we do makes a difference.

I freely admit that many of the jobs aren't all that glamorous (I remember my 120-plus days of Mess attendant duties), and it is sometimes hard to see a difference being made, but it's there! And more importantly we deckplate leaders need to slow down and ensure all our Warriors know the impact they are making.

So, taking some of my own advice, let me show you some examples of young people who are making a difference.

Many of you have probably heard about the recent return of the USNS MERCY, the hospital ship that completed the first-ever planned humanitarian assistance mission of its scope to the Western Pacific and Southeast Asia.

There were a lot of young people on that ship, doing routine things over and over again. I'm willing to bet they occasionally may have asked themselves if they were making a difference.

I know for a fact that they were.

Then there were Construction Electrician 3rd Class Eddie Lacap, Steel Worker 3rd Class Mathew Martin, Utilityman 2nd Class Robert Allain, and Builder 3rd Class Brad Beeler of Naval Mobile Construction Battalion Four Zero (NMCB 40) who embarked with the ship.

But building and repairing things

weren't the only part of the MERCY job. Young folks like Musician 2nd Class Kerry Mahaffey, Musician 3rd Class Justin Cody, Musician 3rd Class Rachel Lucterhand, and Musician 2nd Class Brandon Barbee of the Atlantic Fleet Navy Showband spent hours performing for the local folks as goodwill ambassadors.

Now you may ask how playing a few tunes makes a difference.

Go to the Pacific Fleet website and see for yourselves. Look at the faces of the people the band played for and you will see happiness and joy. You will see children smiling and forgetting about their troubles for a while. The Showband definitely made a difference.

And our Navy Warriors had help. Young Warriors from our sister services, like Army Spc. Becky Holmbeck and Jessica Felts, lent their veterinarian skills to the mission.

Rabies shots and de-worming treatments may not seem that important to us, and checking a goat's teeth is as far from glamorous as you can get. But in the areas USNS MERCY visited, animals may determine a family's survival.

Now all this is great, but you're probably asking, "What's the bottom line, Fleet? What was the difference?"

These Warriors from MERCY banded together to provide medical treatment to more than 60,000 people in 72 days. And that doesn't include the tens of thousands of people receiving prescriptions, immunizations, eyeglasses and other services.

The Mercy team performed more than 1,000 surgeries and provided medical training to more than 6,000 people on topics like basic life support, biomedical equipment repair and cardiovascular electrocardiogram skills.

They worked with our regional and military friends and allies such as India, Australia, Singapore, Indonesia, Malaysia, Bangladesh, the Philippines and Canada, to train each other so we can improve humanitarian and disaster relief response



times when the need arises.

They developed professional working relationships with nongovernmental organizations like Project HOPE, Operation Smile, Aloha Medical Mission, Tzu Chi Foundation, International Relief Teams, the UCSD Pre-Dental Society and a number of host nation NGOs – again all training together to prepare for the future and building bridges of cooperation.

Counting aspirins and rolling bandages may not be the most exciting use of time, but to the mother who would not have received them otherwise, it was time well spent.

So shipmates, I ask you the next time you think a job is too dull or not a great use of time, look outside the box and think about how the big picture is affected by what you do. I think you will see that there's more to it.

Keep up the great work! You're making a difference daily ... HOO YAH and see you on the deckplate ... GOING DEEP! FLEET TIP: We have some of the sharpest and sharp-looking Sailors in the history of our Navy, keep working this. If you see someone "gooned-up," square them away. If you walk by a problem, you've just reset the standard. All Sailors are leaders.

Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo By MCSN Timothy Roache

SK3(SW) Haley Brown receives the Sailor of the Week Award from Lincoln's Commanding Officer Captain C. A. McCawley.

SCHOOL

Continued from page 1

and professionalism.

"This program teaches students there are no free lunches out there," said Master Chief Dalton Van Houten, instructor for the NJROTC program. "Whether or not these students join the military or take on a civilian job, we are here teaching them life skills."

The NJROTC program's 115 students can learn how to be a member of an honor guard, armed drill teams and a ceremonial color guard. They can also learn air rifle skills and map reading skills.

Lewis entertained each class period with photos from Lincoln's Western Pacific cruise in 2006.

Lewis also held an open forum to answer questions from the students. The students asked questions about places Lewis had seen and the potential challenges that wait at boot camp.

"I just like talking to the younger generation

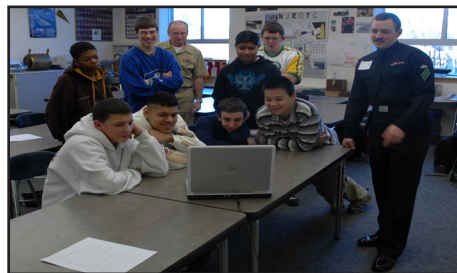


Photo By MCSN Dennis Irwin

MCSN Geoffrey Lewis shows students pictures from Lincoln's 2006 deployment.

and answering their questions," Lewis said. "Opportunities like this help to guide students with their choices and serve as a refresher to me of why I really joined the Navy."

Lewis also said this program helped give him a head start on what he really needed out in the fleet.

Lewis finished by encouraging the students to take as much from the NJROTC program as they could. He told students he learned a great deal about leadership and how to work as a team through NJROTC.

Editor's Top 10

Clean movie quotes

10. "Harry, I took care of it."
9. "Say hello to my little friend."
8. "Tommy want wingy."
7. "I'm kind of a big deal, people know me."
6. "Shop smart, shop S-Mart."
5. "Luke, I am your father."
4. "I'm not even supposed to be here today."
3. "I'm low on gas and you need a jacket."
2. "Keep it in the zoo pal!"
1. "You know what they call a 1/4 pounder with cheese over there? Royale with cheese."